

Crunchy Thai Salad

A creamy and flavorful dressing reminiscent of a Thai-style peanut dressing.

Combine all of the ingredients in a high-speed blender, and blend until completely smooth. Serve over your favorite salad ingredients, including sliced red pepper, shredded cabbage or romaine, fresh cilantro, and some sunflower seeds for crunch. Store any leftover dressing in a sealed container in the fridge for up to 3 days.

You may sub in almond, cashew or peanut butter depending on your preference and tolerance.

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Serves: 4

Kick-off 2016 on the right foot! Load up on veggies with large fresh salads that are both simple and delicious. My go-to this week is a Crunchy Thai Salad. Mix together shredded cabbage, carrots, sprouts, cucumbers, red pepper and butter lettuce. Top with this delicious Thai Peanut dressing adapted from Detoxinista.com and enjoy!!!